Managing Stress

Across
1. A type of stressor such as poverty, pollution, crowding, noises, or natural disasters.
3. A variety of reactions that may surface as an individual makes sense of how a loss affect him or her.
7. The emergency hormone that is secreted in your body in the fight or flight response.
13. The small area of the brain that receives a danger signal from other areas of the brain.
14. The act of becoming aware through your senses.
15. The acceptance of a loss.
16. A type of stressor brought on by the you perceive a situation.

Down
2. Techniques that are used to reach a state of calm.
4. A type of stressor caused by personal decisions from activities such as smoking, drinking alcohol, eating poorly, or not exercising.
5. Stress associated with long-term problems that are beyond a person's control.
6. A type of stressor that comes about from a stressful event.
8. The act of showing sorrow or grief.
9. Any event that has a stressful impact sufficient to overwhelm your normal coping strategies.
10. A type of stressor such as illness, disabilities, or injuries.
11. Anything that causes stress.
12. Dealing successfully with difficult changes in your life.